

YOUR GUIDE TO

Preparing for Pandemic Flu

**Your safety.
That's why public health is working.**

The Santa Clara County Public Health Department wants you to know more about this public health emergency. This guide includes basic information about pandemic flu, individual and family preparedness, as well as where you can get more information.

To learn more about us, visit

www.sccphd.org

or call 408-885-3980.

Public Health Department
Santa Clara Valley Health & Hospital System



What You Should Know

Pandemic influenza (flu) is a worldwide outbreak of a new flu virus for which there is no or little immunity (protection) in the human population. Pandemic flu can spread easily from person-to-person, cause serious illness and death. In the past, flu pandemics have been public health emergencies. This is because they caused serious illness and death for periods longer than seasonal flu epidemics. Pandemics have the potential to cause more disease and deaths than any other health crisis in our time.

A long-lasting and widespread outbreak of the disease could mean changes in many areas of our lives. Schools might need to temporarily close. Public transportation could be limited and airline flights may be cancelled. Because so many people will be ill, many employees will not be able to go to work and many businesses and public services may have to close or limit hours.

It is very important to plan ahead. Federal, state and local government agencies are taking steps to better prepare for and respond to pandemic flu and to limit the negative impact on our community. Individuals also need to take action to be better prepared.

About the Current Flu Situation

The current flu pandemic is caused by a new flu virus that spreads easily. Currently, there are widespread cases of infection with pandemic H1N1 flu throughout the world, including the United States. Health officials are concerned about this new flu virus because:

- ◆ It's a new flu virus and people do not have immunity – or protection – against it.
- ◆ It is being spread easily from person-to-person.
- ◆ Larger numbers of healthy people between the ages of 5 and 24 years of age are getting sick, making it easy for the pandemic H1N1 flu virus to spread.
- ◆ Like other flu viruses, it will continue to change and could become a virus that causes more serious disease.

The symptoms of seasonal flu and pandemic H1N1 flu are similar and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Many people with the pandemic H1N1 flu, especially children, also have had diarrhea and vomiting.

The pandemic H1N1 flu virus is not transmitted by food. You cannot get sick from eating pork or pork products.

Health care providers will treat patients depending on their symptoms and their risk for developing complications. At this time, most healthy people will recover from pandemic H1N1 flu without special medical attention. People who get the flu who are at risk for developing complications should contact their medical providers for medical advice.

A vaccine for pandemic H1N1 flu virus has been developed. People who are at high risk for illness or at-risk for serious illness will be the first to get the vaccine. As the demand for the vaccine from at-risk populations is met, others will be able to get the vaccine.

The best way to help limit the pandemic H1N1 flu from spreading is to wash hands often and cover coughs and sneezes. Also, watch for symptoms and if you feel sick, don't go to work or school. Get medical advice if you have a medical condition or severe symptoms.



WHAT YOU CAN DO

Preparing for a pandemic flu can reduce your chances of getting sick and help limit the spread of disease.

Stay healthy by eating a balanced diet, exercising daily, getting enough rest and drinking fluids. And get your flu shot.

Stay informed by keeping up-to-date by listening to radio & television, reading news stories and checking out the web.

These common-sense steps can help stop the spread of flu germs:

- Wash hands often - using soap and water.
- Cover coughs and sneezes with tissues. Cough or sneeze into your sleeve. Put used tissues in the trash and then wash your hands.
- Stay home if you are sick and as much as possible, stay away from others.
- Don't send sick children to school.

YOUR PANDEMIC FLU EMERGENCY KIT

Each individual and family should prepare and have the supplies they may need to take care of themselves. In a severe pandemic, as many as 1 in 4 people could get sick, with many of them seriously ill. If there are spot shortages of services and supplies we count on everyday, and you need to take care of a loved one at home, you'll need to have these supplies on-hand.

Make sure you have these items in your emergency preparedness kit:

- Two weeks worth of food for you and your family. This should be food that does not need refrigeration. Foods like canned meats and fish, beans, soups, fruits, and dry goods like flour, salt, and sugar, are good choices.
- Water stored in sealed, unbreakable containers. If water service is disrupted, plan on one gallon for each person for each day, for up to two weeks.
- Two weeks worth of prescription medicines.
- Two weeks worth of ibuprofen or acetaminophen (Tylenol) for each person in the house for fever and pain. A two-week supply of cough medicine.
- Rehydration Solution, for example Pedialyte for kids, Gatorade for adults and teens. Please see the box below for instructions to make a rehydration solution for adults and teens. For children, especially infants and toddlers, a store-bought solution is strongly recommended.
- Cell phone and charger.
- Supply of face masks and plastic gloves. These will help protect you, especially if you are taking care of family members who are sick with the disease.
- Disinfectants and chlorine bleach.

You can get more information on putting together a complete **Emergency Preparedness Plan and Kit** from the American Red Cross. Call 408-577-1000 or visit their web site at www.redcross.org.

Rehydration Solution for Adults & Teens

- 4 cups of clean water
- 2 Tablespoons of sugar
- 1/2 teaspoon of salt

Mix all the ingredients until the sugar disappears. You can drink the solution at room temperature.

Please note: Do not boil the solution because that will reduce the solution's helpfulness.



Seasonal Flu vs Pandemic Flu

There are some key differences in how seasonal flu happens and how a pandemic flu happens.

SEASONAL FLU

- ◆ Usually follows a predictable pattern, typically every year in the winter.
- ◆ There is usually some protection built up in a person from having the flu before.
- ◆ Healthy adults are not usually at risk for any serious complications.
- ◆ The medical community can usually meet public and patient needs.
- ◆ Vaccines are developed before the flu season, based on known virus strains.
- ◆ Supplies of antiviral drugs are usually available.
- ◆ Average number of deaths in the US is about 36,000 a year.
- ◆ Regular flu symptoms: fever, cough, runny nose, and muscle pain.
- ◆ A small impact on the community with sick people staying home from work and school.
- ◆ Small impact on US and world economy.

PANDEMIC FLU

- ◆ Doesn't happen often – only three times in the 20th century. The last time since the current pandemic was 1968.
- ◆ There is no or little immunity in the general population.
- ◆ Healthy people may be at risk for serious complications.
- ◆ The medical community will be overwhelmed.
- ◆ A brand new vaccine is developed. At first, vaccine supply may be limited.
- ◆ May not have any effective antiviral drugs or the supply may be limited.
- ◆ The number of deaths may be much higher, worldwide it could be millions.
- ◆ Symptoms may be similar or more serious, and there may be more medical complications.
- ◆ Potentially a big impact on the community. There could be travel restrictions, school closings, limited business hours or closings, and canceling of public gatherings.
- ◆ Could have a big impact on US and world economy.

LEARN MORE

Keep up-to-date on a possible pandemic flu by listening to radio and television, and reading news stories about pandemic flu.

- ▶ Go to www.sccphd.org for more information and materials such as the Home Care Guide, Fact Sheets, Posters, etc.
- ▶ Go to www.pandemicflu.gov for general information about pandemic flu.
- ▶ Go to www.cdc.gov for national and international pandemic flu information and other health information.
- ▶ Go to www.redcross.org for all the information you will need to make your own emergency preparation plan.

For Travel Information and Warnings

- ▶ Go to www.cdc.gov/travel/destinat.htm for health-related travel information.
- ▶ Go to www.who.int/ for health-related travel information and international disease outbreak information.
- ▶ Go to http://travel.state.gov/travel/travel_1744.html for general travel warnings.



DURING A PANDEMIC FLU

Here are some things you will need to know during a pandemic flu. Please remember, information will change during the pandemic and it will be important to keep up-to-date and follow public health orders.

PUBLIC HEALTH INSTRUCTIONS

Throughout a pandemic you may be asked or required to do things to help limit the spread of the disease in our community. If local public health officials or your healthcare provider ask you to take certain actions, follow those instructions.

Here are some examples of what you may be asked or required to do.

- When you are sick, stay home. Children should not go to school if they are sick. Staying home is necessary during a pandemic flu to limit the spread of the disease. Develop a plan for childcare so that you know what to do if you or children in your household become ill.
- Even though you may be healthy, you could be asked to stay away from gatherings of people such as sporting events, movies and festivals. During a pandemic, these kinds of events may be cancelled because large gatherings of people help spread the flu virus.

Isolation and Quarantine are public health actions used to contain the spread of a contagious disease. If asked, it will be important to follow Isolation and/or Quarantine instructions.

ISOLATION is for people who are already ill. When someone is isolated, they are separated from people who are healthy. Having the sick person isolated (separated from others) can help to slow or stop the spread of disease. People who are isolated can be cared for in their homes, in hospitals, or in other healthcare facilities. Isolation is usually voluntary, but local, state and federal governments have the power to require the isolation of sick people to protect the public.

QUARANTINE is for people who have been exposed to the disease but are not sick. When someone is placed in quarantine, they are also separated from others. Even though the person is not sick at the moment, they were exposed to the disease and may still become infectious and then spread the disease to others. Quarantine can help to slow or stop this from happening. States generally have the power to enforce quarantines within their borders.



Prevent the Spread of Disease at Home

If you or a household member becomes ill during a pandemic flu and are being cared for at home, follow these instructions to control the spread of disease in the home.



Isolate the ill person *WITHIN* your home.

- The person who is ill should not leave the house unless they are being taken to a medical appointment or need to seek medical care. The sick person will have to stay home until they no longer have a fever for at least 24 hours without taking any fever medicines. Do not have visitors while the person is sick.
- Designate a room(s) only for the ill person(s) so they are separated from other household members. The room(s) should have a door that can be closed.
- Disposable gloves should be used when cleaning or disinfecting any room or area where the sick person has been.

Wash hands with soap or use alcohol-based hand rubs.

- Everyone in the household - and it is important to remind children - should wash their hands with soap between contacts with others, before preparing food and before eating.
- Wash hands after touching tissues or surfaces soiled with saliva or nose drainage.

Keep the household environment clean.

- On a daily basis, clean surfaces and commonly shared items like microwaves, refrigerator handles, phones, remote controls, doorknobs and handles, toilet seats and handles, faucets, light switches and toys. Use a labeled household disinfectant or chlorine bleach mixture (see below).
- Store brand chlorine bleach can be used as a disinfectant by mixing $\frac{1}{4}$ cup chlorine bleach with 1 gallon of cool water.

Cover noses and mouths when sneezing or coughing.

- Remind children and others to cover their noses and mouths with a tissue when sneezing or coughing, or to sneeze or cough into the fold of their elbow. Put used tissues in a wastebasket, and then wash hands with soap or use an alcohol-based rub.
- Even when a person is wearing a mask, they should cough or sneeze into the fold of their elbow.

Watch all household members for symptoms of respiratory illness.

Stay at home if you or your household members become sick. Monitor symptoms and call your medical provider for advice if you or your household member:

- Have an underlying medical condition;
- Symptoms get worse;
- Have trouble breathing; or,
- Get dehydrated from vomiting and diarrhea.

Make sure supplies are on hand.

- Keep supplies of masks, gloves, soap, tissues, paper towels and cleaning supplies on hand.
- Make sure all sinks and restrooms are stocked with soap and paper towels.
- Make sure that tissues are available in all bedrooms and common areas like living, dining, family, and computer rooms.





IMPORTANT PHONE NUMBERS

The following are numbers for non-emergency calls and can provide disaster related assistance and preparedness information.

Santa Clara County	
Office of Emergency Services	408-808-7800
Public Health Information Line	408-885-3980
CalTrans (highway information).....	1-800-427-7623
211 United Way Silicon Valley (for free non-emergency information)	2-1-1 or 1-800-427-7623

Please contact your City Government about your Community Emergency Response Team (CERT).

Your Own Important Numbers

Write down important numbers and keep them close. These include friends' and family's home and cellular numbers, your doctor or clinic, and your children's school.



GETTING INFORMATION

Local radio and television stations, as well as a number of web sites, will provide information during a pandemic flu. In some instances, specific emergency instructions will be broadcast by:



- **KSJO – FM 92.3**
- **KQED – FM 88.5**
- **KCBS – AM 740**

During a pandemic flu, emergency instructions may include ways to protect your health, as well as closings of schools and businesses, and canceling events.



Where to Find Emergency Medical Care

During a pandemic flu, it will be important NOT to go to the hospital except in the case of a medical emergency. Hospitals will be overwhelmed with patients during a pandemic and many sick people may have to be cared for at home or at a non-hospital location.

HOSPITALS (denotes trauma center)

El Camino Hospital

2500 Grant Road
Mountain View, CA 94039-7025
1-650-940-7000
www.elcaminohospital.org

El Camino Hospital Los Gatos

815 Pollard Road
Los Gatos, CA 95032-1438
1-650-940-7000
www.elcaminohospital.org

Good Samaritan Hospital - San Jose

2425 Samaritan Drive
San Jose, CA 95124-3997
408-559-2011
www.goodsamsj.org

Kaiser Permanente Santa Clara Medical Center

700 Lawrence Expressway
Santa Clara, CA 95051
408-851-5400
www.kaiserpermanente.org

Kaiser Permanente San Jose Medical Center

250 Hospital Parkway
San Jose, CA 95119
408-972-7000
www.kaiserpermanente.org

O'Connor Hospital

2105 Forest Avenue
San Jose, CA 95128-1471
408-947-2500
www.oconnorhospital.org

Regional Medical Center of San Jose

225 North Jackson Avenue
San Jose, CA 95116-1603
408-259-5000
www.regionalmedicalsantose.com

Saint Louise Regional Hospital

9400 No Name Uno
Gilroy, CA 95020-3528
408-848-2000
www.saintlouiseregionalhospital.org

Santa Clara Valley Medical Center

751 South Bascom Avenue
San Jose, CA 95128-2604
408-885-5000
www.scvmed.org

Stanford Hospital and Clinics

300 Pasteur Drive
Palo Alto, CA 94304-2299
1-650-723-4000
www.stanfordhospital.com

Call 911 only in the event of a serious, life-threatening emergency. But remember, because a pandemic flu could be bigger than any other health emergency, 911 may be overwhelmed by the number of calls.